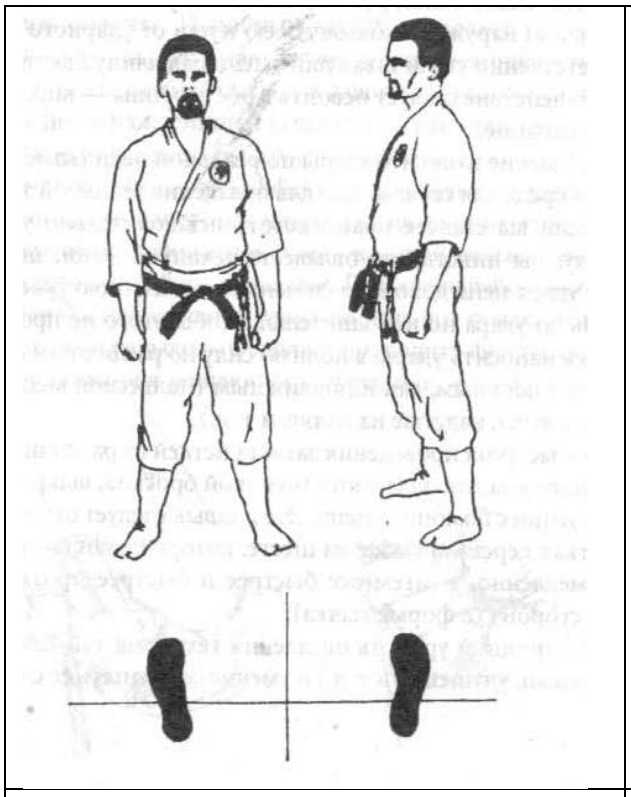
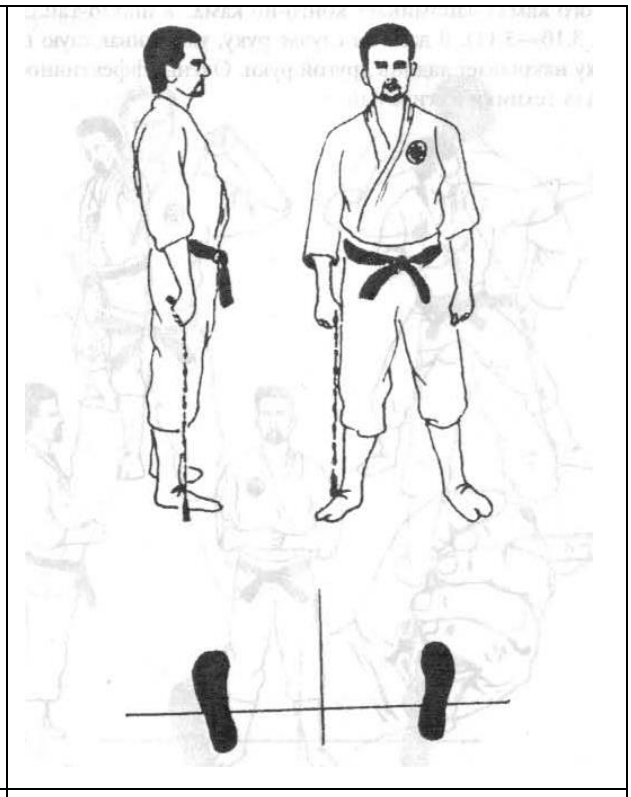
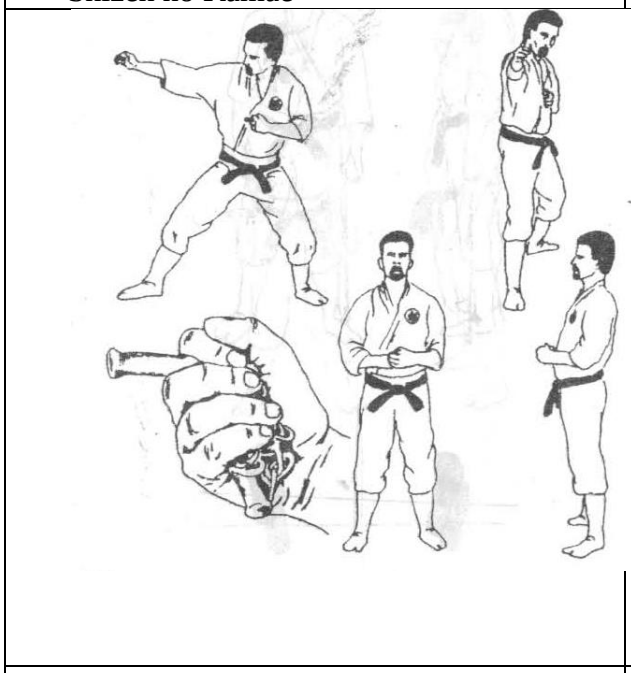
Kusari Jutsu no Kamae



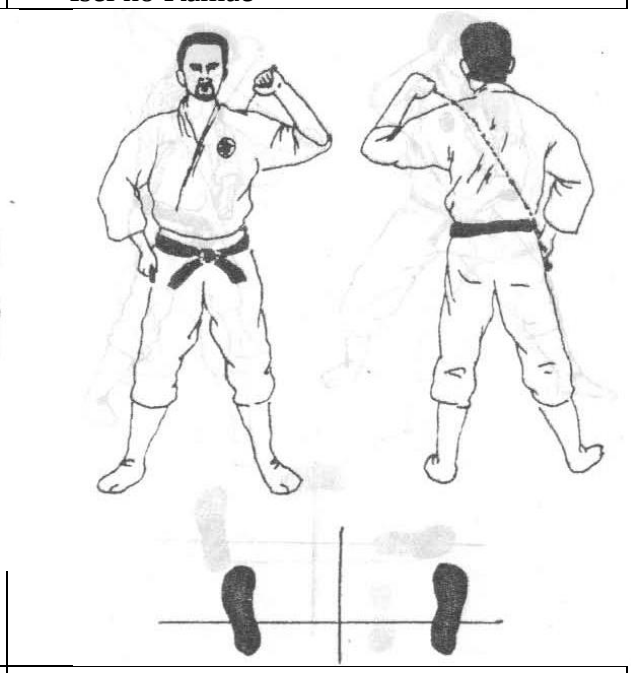
Shizen no Kamae



Isei no Kamae

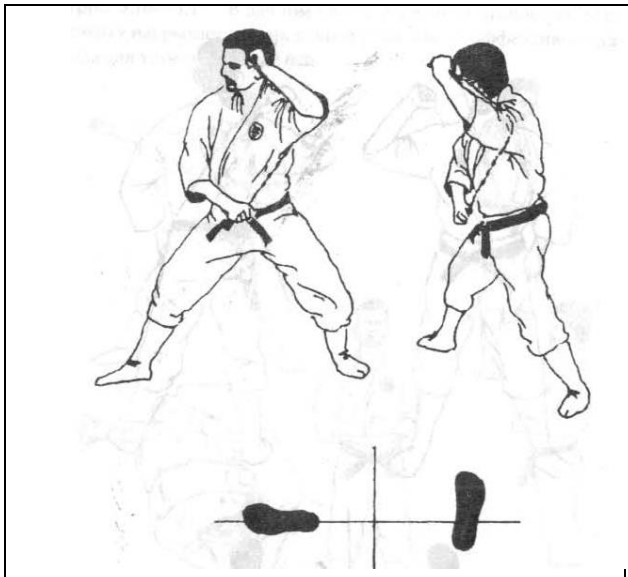


Goho no Kamae

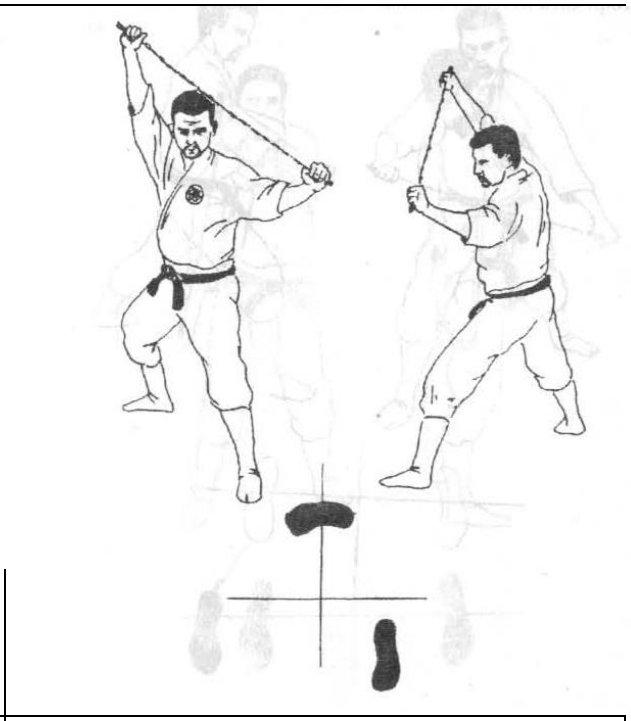


Haimen no Kamae (Ippi no Kamae)

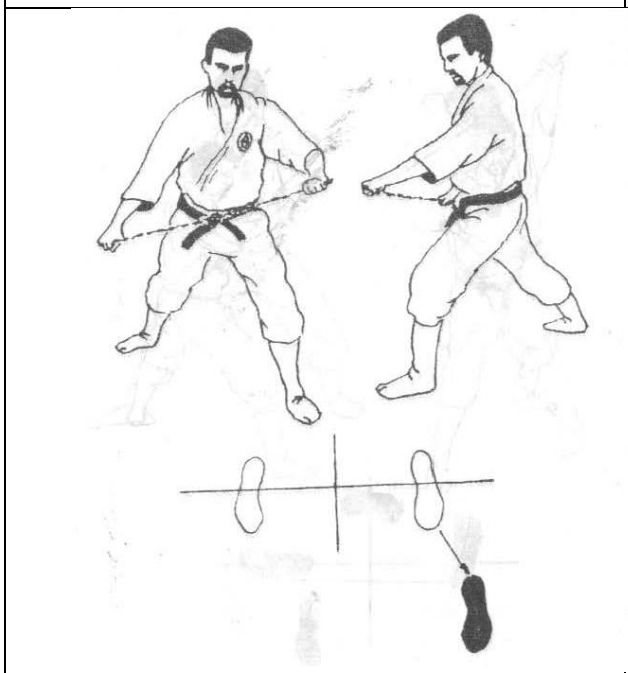
Kusari Jutsu no Kamae



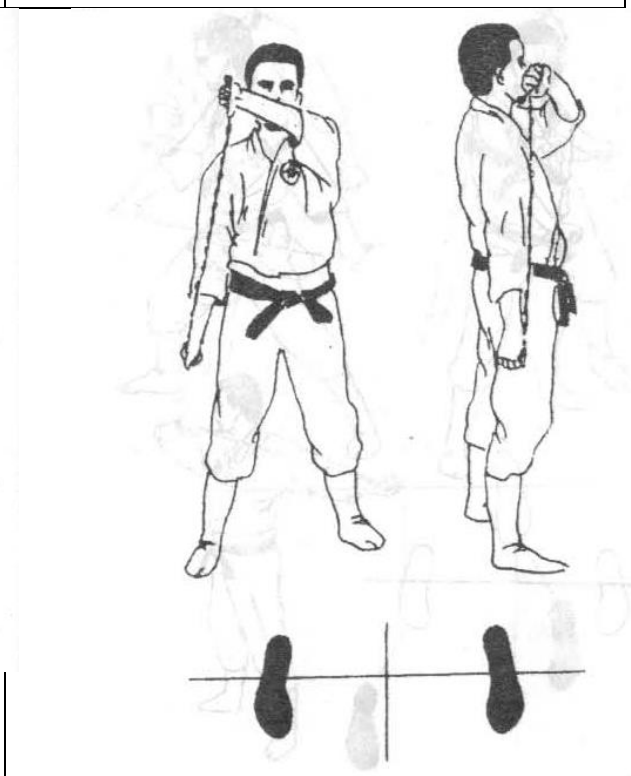
Muso no Kamae



Jodan Uke no Kamae

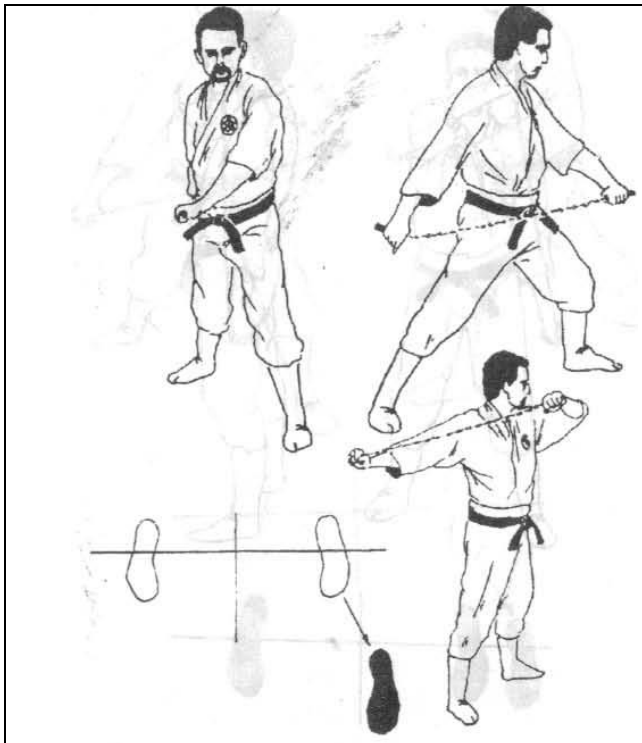


Gedan Uke no Kamae

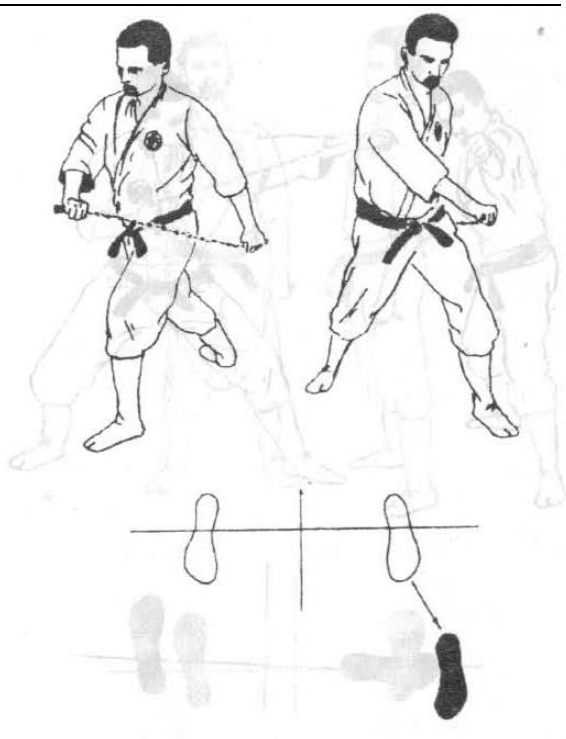


Tenchi no Kamae

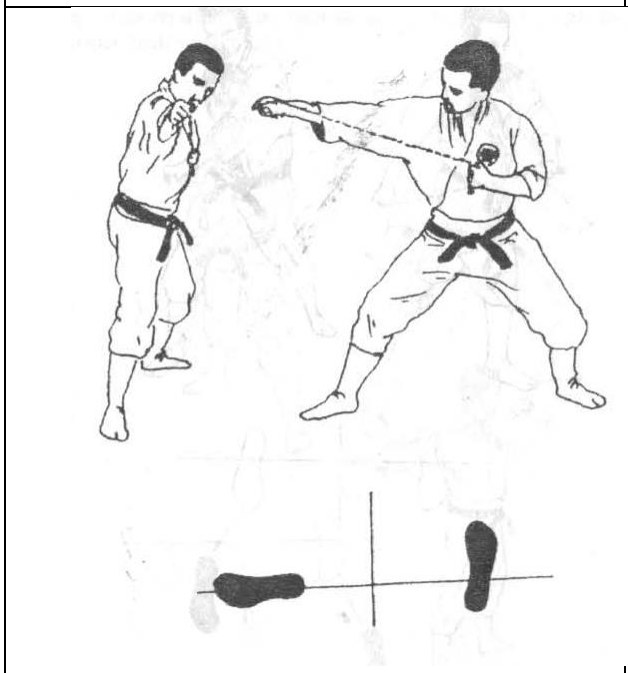
Kusari Jutsu no Kamae



Waki no Kamae



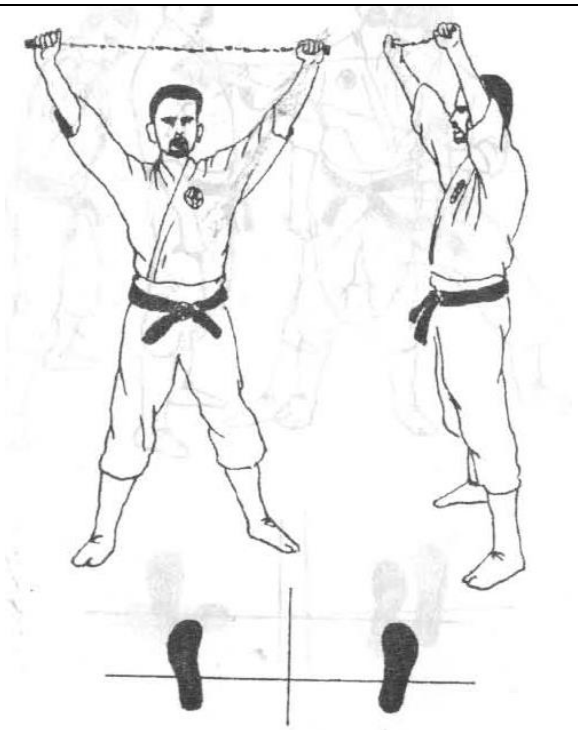
Gyaku Waki no Kamae



Ichi no Kamae

Hira no Kamae

Kusari Jutsu no Kamae

	
Yoko Nagare (Hira Ichimonji no Kamae)	

Hlava 5. : Kusari Kihon Gata

1. Tori Waza
    a. Furi
        I. Tenchi Furi (Kakoi Uchi – Kyusho)
        II. Ichimonji Furi
        III. Hachiji Furi
        IV. Yoko Furi (Sehatsu – Kyusho)
        V. Naka Furi (Kasumi – Kyusho)
        VI. Yuki Chigai
    b. Tsuki
        I. Kobushi Kujiki
        II. Tsune Ori
    c. Uchi
        I. Kobushi Kujiki
        II. Tsune Ori

2. Uke Waza
    a. Jodan Uke (Age Uke)
    b. Ukenagashi, Yoko Uke (Uchi, Soto)
    c. Gedan Uke
    d. Otoshi Uke
    e. Furi Uke
    f. Yadome

3. Kumi Uchi (Maki Waza)

4. Nuke Kusari Waza

5. Torite Waza
    a. Kobushi Garami Nage Katate
        I. Omote
        II. Ura
    b. Ude Gatame Nage Katate
    c. Ashi Dori
    d. Ashi Dori Osae
    e. Ashi Dori O Uchi Gari
    f. Katate Nage
    g. Ryote Nage
    h. Kubi Maki Nage
    i. Ude Kubi Maki Nage
6. Shime Waza
    a. Ushiro Jime
    b. Maki Otoshi

7. Kusari Nage Gata
8. Renzoku Henka(n)

Hlava 6. Kusari Heiho

a. Too-ma
b. Tika-ma

    c. Koo-ma
    d. Ne-waza
1. Iai Dori

Hlava 7. Kyusho